



# March 2026



Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
9:30 Exercise Video: Chair Yoga (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Stand and Fit (AR)	9:30 Exercise Video: Weighted Exercise (AR)	9:30 Exercise Video: Strength & Stretch (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Sit and Fit (AR)
1:30 Afternoon Movie: "Nonnas" (L)	11:00 Emily Pop Up Shop! 11-2PM (AR)	10:30 Residents Only Meeting All Residents Welcome! (AR)	★ Jasmine Foot Nurse By Appointment Only (AR)	👕 National T-Shirt Day Wear your Best T-Shirt Today! (AR)	1:30 Shuffleboard (AR)	1:30 Armchair Travelers "Wonders of Mexico" (L)
7:00 Pool Challenge (GR)	11:00 Dog Walking Group (FD)	2:30 Veteran's Gathering (L)	Walker and Cane Safety Practices Presentation At 1PM with a Whole Body Exercise (AR)	2:00 Highgate Olympics! (AR)	2:00 Nails with Bushra ★ (GS)	7:00 Popcorn & Movie: "Brooklyn" (L)
	1:00 "Petticoat Junction" Ep: 1 (L)	🏮 Chinese New Years Dinner! With Music by William SPM 🏮	2:00 Puzzle Swap (AR)	6:30 Dessert & Documentary: "Wild Babies Ep: 5" (L)	3:30 Happy Hour & Trivia (L)	7:00 Bingo (AR)
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
9:30 Exercise Video: Chair Yoga (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Stand and Fit (AR)	9:30 Exercise Video: Weighted Exercise (AR)	9:30 Exercise Video: Strength & Stretch (AR)	👤 Riyanshi Deshwal 9:30AM - 10:30AM Full Body Exercise (AR)	9:30 Exercise Video: Sit and Fit (AR)
1:30 Afternoon Movie: "Then She Found Me" (L)	11:00 Dog Walking Group (FD)	10:00 Euchre Game with Dave! (AR)	Prepare for your own Health Safety Kit Presentation 1pm- 1:30PM (AR)	👤 Riyanshi Deshwal 9:30AM - 10:30AM Full Body Exercise (AR)	1:30 Shuffleboard (AR)	1:30 National Geographic: "Fire and Ice" (L)
Daylight Savings	1:00 "Petticoat Junction" Ep: 2 (L)	10:30 Winter Stroll (FD)	3:00 Residents General Meeting (AR)	6:30 Dessert & Documentary: "In Search of Flight AF47" (L)	3:30 Happy Hour & Trivia (L)	7:00 Popcorn & Movie: "I'll Find You" (L)
	Rummage Sale! 1-3PM in the Activity Room	2:30 Veteran's Gathering (L)			7:00 Bingo (AR)	
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
9:30 Exercise Video: Chair Yoga (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Stand and Fit (AR)	👤 Riyanshi Deshwal 9:30AM - 10:30AM Full Body Exercise (AR)	9:30 Exercise Video: Strength & Stretch (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Sit and Fit (AR)
1:30 Afternoon Movie: "The Idea of You" (L)	11:00 Dog Walking Group (FD)	10:30 Winter Stroll (FD)	Resident Birthday Tea with Music By Vic 2-3PM	Smiles & Tasty Treats with Chef Ralph! (AR)	Pete Hartman Tax Service 9 - 11AM (AR)	2:00 G.R.I.T. Gardening Group Meet in the Garden (G)
7:00 Pool Challenge (GR)	1:00 "Petticoat Junction" Ep: 3 (L)	2:30 Veteran's Gathering (L)	7:00 Fireside Chat (L)	🍰 Dessert & Documentary: "Val" (L)	10:30 Hymn Sing with Barbara (L)	1:30 Armchair Travelers "Wonders of Ireland" (L)
	2:00 Crossword & Treats Social (L)	🎵 St. Patrick's Day Dinner with Music By Joyce and the Boyz At 5PM			1:30 Shuffleboard (AR)	7:00 Popcorn & Movie: "Freedom Writer" (L)
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
9:30 Exercise Video: Chair Yoga (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Stand and Fit (AR)	9:30 Exercise Video: Weighted Exercise (AR)	9:30 Exercise Video: Strength & Stretch (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Sit and Fit (AR)
1:30 Afternoon Movie: "Plots with a View" (L)	11:00 Dog Walking Group (FD)	Lunch Outing to 10 Acres at The Pier Meet in the Lobby at 10:45AM ★	10:30 Wear Your Best Hat to our Sip, Snack & Social (PD)	1:00 Jumbo Checker Game (AR)	10:30 ★ Canada Scooters (AR)	1:30 National Geographic: "The Greatest Mysteries of the Pacific Ocean" (L)
	1:00 "Petticoat Junction" Ep: 4 (L)	★ Mayfair Shopping Trip! Meet in the Lobby at 1:30PM	1:00 Residents Culinary Meeting (AR)	🎲 Dessert & Documentary: "Wild Babies Ep: 6" (L)	1:30 Shuffleboard (AR)	7:00 Popcorn & Movie: "The Choice" (L)
	Laughter is Good Medicine (AR) Presentation by Clem Persaud 2-3PM	2:30 Veteran's Gathering (L)	2:00 🎵 Music Bingo! 🎵 (AR)		3:30 Happy Hour & Trivia (L)	
Sunday 29	Monday 30	Tuesday 31	<b>Location Key</b> GS - Guest Suite L - Lounge DR - Dining Room PD - Private Dining FD - Front Desk GR - Games Room			
9:30 Exercise Video: Chair Yoga (AR)	9:30 Exercise Video: Full Body Stretch (AR)	9:30 Exercise Video: Stand and Fit (AR)				
1:30 Afternoon Movie: "Letters to Juliet" (L)	11:00 Dog Walking Group (FD)	2:30 Veteran's Gathering (L)	<b>Sign Up Sheets</b> You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.			
7:00 Pool Challenge (GR)	1:00 "Petticoat Junction" Ep: 5 (L)	🃏 Board Game Night! At 7PM in the Activity Room 🃏				

